Prevention – Jumping Exercises

Practice 1 to 2 times a day and as your dog moves toward you. Act before a jump and reward!

Exercise Wild Arms

- Show your dog you have a treat and wait for your dog to sit.
- When your dog is in a sit extend your arm, wrist bent down, and index finger pointed down (with a treat between your index finger and thumb).
- Raise your arm gradually from your dog's head to ceiling on a six count (up 1…2..3, down 1…2..3).
- Click for your dog remaining in the sit with four feet on the ground and treat.
- *If your dog jumps say "oops" and put treat away and start again when your dog is in a sit.
- As your dog becomes reliable (not jumping) gradually make it more difficult tempting with slower movements from the ceiling to your dog's head. \
- As your dog becomes reliable, lose the treat and as your dog is moving toward you say your sit cue and use your visual cue with your pointer finger pointed down and your wrist bent downward.

Jumping on Guests	Ask someone to assist and be your guest. Give them a treat and instruct them to lure the dog into a sit as the dog approaches then to give the dog a treat with "good sit". Repeat A LOT!!! When the dog automatically start sitting when approaching the guest, the guest puts the treats into their pocket and removes the lure, however, treats when the dog approaches. After dog is auto sitting without the lure have the guest add excitement. Your guest may need to lure the dog the first few times with the added excitement.
Jumping on You	Repeat the exercise above, however, off leash. You move away from dog and when dog approaches lure into a sit. Repeat A LOT. Take the lure away and add the click when dog auto sits followed by the treat. Start movement away from dog and add excitement. You can also use a toy and wait for the dog to sit and not jumping is the only way to get the toy thrown. *Remember not to give your dog attention (words, eye contact, etc.) Remove attention from jumping dog.
Tip	Always reward with verbal praise, touch if your dog likes to be touched, play, and treats for any sit that is offered. A dog who is rewarded for sitting vs jumping for attention will sit for attention.